

Sporting People

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Colborne sisters bring home firsts in bodybuilding

Dedication and determination lead to results

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COLBORNE -- Kimberly Fry always cheered on her sister from the sidelines at fitness competitions, never imagining she too could take to the stage.

At the age of 48, Fry joined her sister Christine Knight, 38, in a fitness competition for the first time. The sisters both took first place at the UFE London Showdown natural bodybuilding and fitness competition in June. Knight took first in two categories -- the elite divisions of figure and fitness model -- while Fry won first in figure masters, second in figure open and second in fitness model masters.

The sisters are from a tight-knit family of seven siblings born and raised in Newfoundland. They are so close that when Knight married a Colborne apple farmer, Fry moved to Colborne, too.

"I missed my sister," Fry said.

Although they are 10 years apart, the sisters grew closer when Knight went to university and they lived near each other.

From an athletic family, Knight began entering fitness competitions in the late 1990s and won Ms. Fitness Nova Scotia and Ms. Fitness Atlantic Canada. Fry was usually at her sister's side.

"Kim was always there with me. She always supported me," said Knight.

Fry helped her sister get ready -- putting on her spray tan and then cheering her on -- but she didn't have an interest in competing.

"I was her fly girl. I never thought of competition for myself," said Fry, adding that all changed this spring.

After a 13-year break from fitness competitions to raise her family, Knight decided to get back in shape this winter. At the same time, with a holiday coming up, Fry decided she wanted to get "bikini ready" in December. They had both heard of Cobourg-based trainer Dave Avery. His wife Julie Avery, a nutritionist and competition choreographer, runs Avery's Body by Design.



COLBORNE -- Colborne residents Kim Fry, left, and Christine Knight took a number of first place wins at the UFE London Showdown natural bodybuilding and fitness competition in June.

Karen Longwell / Northumberland News

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"I knew it was something I always wanted to get back into," said Knight. "Our intention was to start working out."

They started in January and within two months began to see results.

"We got results fast," said Fry.

While Knight and Fry say they have

good genes, Dave said they are also very dedicated.

"Genetics are one thing but they definitely put the time in," said Dave. "They trained hard."

Along with the weight training and cardio workouts, Knight and Fry followed a nutrition plan from Julie. Although they were allowed one cheat day a week from the plan, Fry rarely took it.

"I wanted it so bad," she said.

Seeing good results, Knight decided to enter the UFE Natural Fitness Revolution competition held in Cobourg this April. She took firsts in fitness model and figure masters. Once again watching and supporting her sister, Fry was there but this time she wondered about entering herself.

"I saw how it all worked and I said, 'I think I can do that too,'" she said.

Julie and Dave also encouraged her to enter and that was what Fry needed to get her motivated to enter the next competition, she said.

"Dave and Julie are extremely encour-

aging," said Fry. "They never doubted."

Competing against women who were 30 years younger in the figure open, Fry was happy with her results.

"I thought it was good especially at 48 (years old) and doing it for the first time," she said.

Knight was entered in different categories so she could watch her sister compete and was nearly moved to tears seeing her on stage.

"It was so amazing," she said.

For Knight, taking first place in the elite level means she has achieved pro status in the UFE organization. Pro-status athletes have opportunities to get vitamin supplement contract sponsorships, photo shoots and magazine exposure. She was surprised to learn she won first in two categories.

"I couldn't believe it -- it's been a whirlwind," she said.

Her success has inspired her to start working in the fitness industry. With a two-year-old child to care for at home, she has started an online fitness consultation business, she said.

After a holiday in Newfoundland, the sisters both plan to get back into training with a goal to enter the next UFE competition in November.

You can follow Knight on Facebook at www.facebook.com/ChristineFM10?fref=ts.



COLBORNE -- Colborne residents Christine Knight, left, and her sister Kim Fry took a number of first-place honours at the UFE London Showdown natural bodybuilding and fitness competition last month.

Chris Linton photo